

NEW CLASS BEGINNING JANUARY 30TH!
SATURDAY MORNINGS 7-8 AM

Stretch-Breathe-Meditate

Jan 30th– March, 6th 2010
Saturdays, 7-8 am
\$150

- 6 inspiring classes, we offer contemporary approach to stretching, breathing and relaxing.
- It is designed as an easy-to-follow program for all ages and fitness levels.
- It is useful, practical and friendly.
- This class is ideal for beginners as well as those interested in cross training, injury recovery or exercise therapy.
- It is moderately challenging without being intimidating, allowing each student to work at their own level.
- Mia will quietly and expertly lead you through stretch and breathing techniques that release bodily tension, improve posture, and open up breathing.

**Limited
Enrollment.
Register
today!
847-397-2787**



Stretch-Breathe-Meditate is a three part program designed to facilitate a dramatic increase in total body wellness.

1. The Stretch program is geared toward increasing your flexibility, joint range of motion, as well as muscular stability and strength.
2. Mindful breathing techniques uses the dynamic of the breath to help us become aware of the physical sensations of the breathing as the air flows in and out of the body.
3. The meditation practice will teach us to develop habits of greater ease and awareness of the body. Adopting a comfortable posture we 'scan' through the whole body with our awareness, using the breath to let go of areas of stress, pain and tension.



**TO REGISTER,
CALL
847-397-2787**